

# Never lose more than 1 kg a week

Written by

DATE\_FORMAT\_LC2 -

---



Never lose more than 1 kg a week

Otherwise, you run the risk of losing muscle mass instead of fat. This happens when you go hungry by not eating enough. Your body will start to feel weak and lose energy, and your metabolism will slow down, thereby burning less fat. The moment your body starts to lose muscle mass, it will need fewer calories. Every gram of muscle mass helps to burn additional calories, so we should make it our goal to develop it to an optimum level.

If you want to lose weight on a long-term basis, you need not waste time counting all the calories you eat. It is much better to learn to appreciate the flavors of healthier foods and learn to like them, as you can enjoy them generously and frequently. This way you will avoid being attacked by ravenous cravings for bad foods.